

STAFFORD COUNTY SCHOOL BOARD

Agenda Consideration

TOPIC: Proposed Policy 6-25: Student Wellness

ITEM NO: 8E

PREPARED BY: Andrea Bengier, ED.D.
Assistant Superintendent for
Instruction and Technology

MEETING: June 20, 2006
May 23, 2006

ACTION DATE: June 20, 2006

Chris Quinn
Executive Director of Curriculum Services

Carol Lysher
Coordinator for Health, Physical Education & Driver Education

ACTION REQUESTED BY THE SUPERINTENDENT: That the School Board approves the attached proposed Student Wellness Policy 6-25.

KEY POINTS:

The lack of physical activity and poor nutrition can affect school performance and increase the risk of developing many chronic diseases at an early age. Schools can play an important role in combating problems associated with poor nutrition and inactivity in children.

The U.S. Congress adopted a new provision that requires school divisions participating in the National School Lunch Program to establish a local wellness policy by the first day of school year 2006-07. These local policies must address nutrition education, physical activity and other school-based activities to promote student wellness.

The Health Advisory Committee members, teachers, Director of School Nutrition, Coordinator of Health and Physical Education, and school administrators assisted in the development of the student wellness policy.

The school division can make a positive impact on students by promoting healthy lifestyles through the development and implementation of proactive wellness policies. Stafford County Schools became a healthy lifestyle leader this past year with the adoption of the Healthy Beverage and Snack resolution in September of 2005. Student wellness policy 6-25 supports a desire to have "wellness" as a priority issue in all schools.

SCHOOL BOARD GOAL:

Goal 1: Provide educational excellence through instruction that establishes high expectations for all students yet recognize the unique needs of each learner.

FUNDING SOURCE: N/A

AUTHORIZATION REFERENCE: Child Nutrition and WIC Reauthorization Act of 2004.

